

**AMENDMENTS TO THE CLAIMS**

**1-13. (Cancelled)**

**14. (Previously Presented)** A method for enhancing body taste of foods, comprising heat-cooking the foods with fat and oil prepared by adding or mixing an n-3 long-chain highly unsaturated fatty acid having 20 or more carbon atoms and 3 or more double bonds, or an n-6 long-chain highly unsaturated fatty acids having 18 or more carbon atoms and 3 or more the double bonds with vegetable fat and oil, wherein the fat and oil comprises 10 – 100,000 ppm n-3 long-chain highly unsaturated fatty acid or 10-100,000 ppm n-6 long-chain fatty acid.

**15. (Previously Presented)** The method according to claim 14, wherein the heat-cooking is selected from deep-frying, frying or stir-fry.

**16. (New)** A method for enhancing body taste of foods, comprising:

(a) preparing a fat and oil by adding an n-3 long-chain highly unsaturated fatty acid having 20 or more carbon atoms and 3 or more double bonds, or an n-6 long-chain highly unsaturated fatty acids having 18 or more carbon atoms and 3 or more the double bonds to vegetable fat and oil, or both and

(b) heat-cooking the foods,

wherein the fat and oil comprises 10 – 100,000 ppm n-3 long-chain highly unsaturated fatty acid or 10-100,000 ppm n-6 long-chain fatty acid, or both.

17. (New) A method for enhancing body taste of foods, comprising:

heat-cooking the foods with a fat and oil composition which comprises:

a) a vegetable fat and oil, and

b) one or more n-3 long-chain highly unsaturated fatty acids, or one or more n-6 long-chain fatty acids, or both n-3 and n-6 long-chain highly unsaturated fatty acids

wherein the fat and oil composition has 10 – 100,000 ppm n-3 long-chain highly unsaturated fatty acid or 10-100,000 ppm n-6 long-chain fatty acid, or both.